

# The Autism Widows guide to survival

MONDAY, 24 DECEMBER 2018

## And all through the house not a creature is stirring but the click of a mouse

So, my first blog post.

And why am I doing this?

Mostly because despite being in a house with three other people, I am sitting alone and ignored on Christmas Eve. There's no Christmas music playing, no cheesy films, no big tree with presents waiting to be unwrapped, and no laugh and chinks of glasses from a merry gathering of friends and family.

I am not alone in this position, but in my case it's not because I don't have a loving family or that we have no money, nor that Christmas is just not my thing. In my case it's because I am an 'autism widow'.

About three years ago we got the news, not unexpected, that my husband had a life long, pervasive developmental disorder - high functioning autism. I thought I was prepared, after all we've been together for nearly two decades. I was wrong. I have had to grieve for the husband I'd hoped I'd somehow find buried in the one I had. Now I'm finally coming to terms with this and he is lowering more and more masks he held. Great for him. Not so great for me.

Anyhow, back to Christmas eve. We have two sons, both with autistic traits, the eldest most strongly. All three men in my life have decided not to do anything special today. They are continuing to spend their time pretty exclusively on the latest online game that's the current obsession. All of them. Silently. Click. Click. Click. I may as well not exist.

Maybe it's not so bad. But this is standard for me most evenings and weekends. Hence why I have come to realise, I am a widow.

I am hoping that this blog will help others in my position and maybe, just maybe the story around adults with this condition can also start reflecting that many are in relationships and that their partners carry a heavy duty to keep everything together with no recognition, no professional support, and large amounts of adaptations and isolation to meet their partners needs.

Hopefully tomorrow will be okay! I just need to remember not to diverge from the pattern of previous years and not to expect thank-you's. Following past experience, I bought my own presents this year....

Merry Christmas everyone 🎄

#autism #marriage #Christmas #high-functioning #aspergers #support

Autism widow at 08:49

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22 comments:

**Emily** 24 December 2018 at 13:57  
Wow you're an asshole  
Reply

**THEBEST56** 24 December 2018 at 14:01  
You are a terrible person  
Reply

**Bloom** 24 December 2018 at 14:21  
This makes it sound like you went into your marriage kind of expecting to change him, and now you can't, you mourn what you actually wanted because, clearly, it isn't him. . seems kind of harsh. You don't present any steps you have taken to try and rectify it either, and while thank you's are nice, it is the act of giving and seeing them using/enjoying the stuff that should be enough.  
  
Have you tried to get involved in their hobby? Spoken about how much you enjoy Christmas and the set up of it? Asked to plan some movies?  
Reply

**Sage** 24 December 2018 at 14:27  
this is the most self absorbed thing j have read all day. leave your husband if you don't love him for who he always was. you're doing nobody any favors by holding such toxic views about your own family  
Reply  
  
▼ Replies  
**Dandy Dinmont** 24 December 2018 at 14:55  
sage wisdom there  
  
Reply

**the Vee Unit** 24 December 2018 at 14:44  
I feel like this has been brewing for a long time, and having a word/label/diagnosis for your husband doesn't change who he is. You've been married a long time, and he can't rewire his whole brain or change his nature to suit you. A good relationship involves compromise and communication. Reading this, I can tell you are frustrated, but there's nothing indicating that you've tried those two things. Have you asked your husband and sons to set some time aside for you and holiday activities? Does he even know that it's important to you? My partner is autistic. Sometimes he needs to withdraw and decompress with games, but he knows that I sometimes need him to emerge from the game and do real life things.  
Reply

**Chase Frances** 24 December 2018 at 14:48  
Why the hell did you marry and have children with someone when you don't love them for who they are and you just want to change them?? Then when you find out that you can't, it's not your place to be a martyr about it.  
Reply  
  
▼ Replies  
**Dandy Dinmont** 24 December 2018 at 14:55  
This comment has been removed by the author.  
  
Reply

**Dandy Dinmont** 24 December 2018 at 14:57  
I wish my husband was here still to ignore me playing computer games - yours, an actual widow.  
  
Reply  
  
▼ Replies  
**B.B.** 24 December 2018 at 15:03  
I'm sorry for your loss.  
  
Reply

**B.B.** 24 December 2018 at 15:02  
As an autistic person, I am absolutely horrified by the term 'autism widow'. Autism is not equivalent to death, and the implication that it is is an insult to autistic people, decent partners of autistic people (which you are not), and actual widows.  
  
As a human being, I'm disgusted by the knowledge that you spent 20 years married to someone without even liking who they were, just because you were under the impression that you could manipulate them into changing who they were. If you don't like someone, don't marry them.  
  
I feel bad for your husband and your children, being autistic and having to live with someone who hates autistic people so much must be really hard.  
Reply

**Unknown** 24 December 2018 at 15:40  
Wow, my husband isn't EXACTLY what I wanted from him, so he's dead to me!  
  
On behalf of the autistic community, I'd like to ask you to shut the fuck up. If you don't love your husband, leave him. I'm sure there's plenty of people, both autistic and allistic, that would love him a lot more than you could ever be capable of.  
  
People like this worry me. They make me think that being autistic means nobody will really love me for me.  
Reply

**Madame Desirée** 24 December 2018 at 15:55  
Lmao get a load of THIS guy, get over yourself. I legitimately hope he leaves you for someone that loves him and that your kids get a great stepmother.  
  
Since you wanna act like you don't have a husband anymore.  
  
How's that for a "lack of empathy?"  
Reply

**AutisticNeoplan** 24 December 2018 at 16:00  
Wow. My partner and I aren't doing anything tonight either (I'm autistic, she is not), but that is FINE. If she ever spoke about me in this way, the relationship would be over. I am not dead, autistic people are not akin to dead people. You are a horrible human being and I sincerely hope you get help.  
Reply

**Unsigned** 24 December 2018 at 16:07  
My son is in the middle of being assessed as autistic and it really disgusts me that he could potentially end up being subjected to an awful partner like you. Merry Christmas to your husband and kids, I hope they escape you.  
Reply

**Zofia** 24 December 2018 at 17:51  
I'm an autistic woman in a relationship with a man who loves and accepts me for me. I feel embarrassed for you, and sad for your husband and children that you would prefer superficial and hackneyed holiday interaction over them being themselves. I sincerely hope that you either come to your senses, or have the good grace to bow out and leave so that they might find the love and acceptance they deserve from someone else.  
Reply

**Allison King** 24 December 2018 at 18:46  
You are not a nice person. Your family doesn't deserve to have to put up with someone like you. Good grief. They process the world differently, they aren't DEAD. What you are saying is offensive to actual widows. It's offensive to pretty much all other humans.  
Reply

**Allison King** 24 December 2018 at 18:47  
\*world  
Reply

**Unknown** 24 December 2018 at 18:58  
Instead of passive aggressively whining on the internet you could make cookies, watch a movie and play some songs at least you don't have a damn headache.  
Reply

**Unknown** 24 December 2018 at 19:12  
So, it turns out you thought you could make your husband and kids into what you wanted them to be. Trust me, they know what you think of them. You think you're just soooo alone now? I hope they literally abandon you. They deserve a wife and a mother who will love and accept them for who they are rather than pointedly sulking over the presents you bought yourself to unwrap because the image of the holiday you had in mind failed to materialize.  
Reply

**Sam H** 24 December 2018 at 20:24  
I guess since I'm autistic I'm basically dead? Fuck you. I feel sorry for your husband and kids for having to live with you. You're extremely selfish for marrying someone you didn't love. You never loved him and now you're just blaming the autism (which was recently diagnosed) instead of your selfish sense of entitlement.  
Reply

**ZombieDucks** 25 December 2018 at 04:42  
Wow sounds like you hate your husband and children but ok. Fucking selfish bitch  
Reply

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Alicia Loh (Mar ▼)

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